

1977

1977 Northern Iowa Track

University of Northern Iowa

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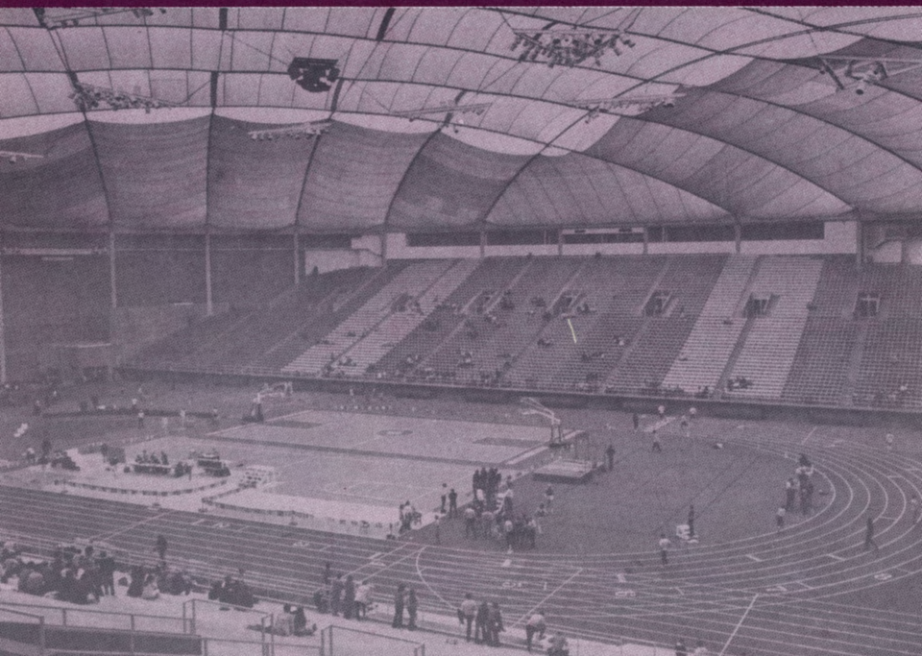
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1977

Northern Iowa

TRACK



1977 Track and Field Schedule

INDOOR

Date	Opponent	Location
Jan. 22	Alumni	Cedar Falls
Feb. 5	Mankato, Augustana, N.E. Mo.	Cedar Falls
Feb. 12	Iowa, Iowa State, Drake	Cedar Falls
Feb. 19	UNI-Dome Open	Cedar Falls
Feb. 26	UNI-Minnesota	Cedar Falls
Mar. 11-12	NCC Indoor Championships	Mankato, MN
Mar. 26	UNI-Dickinson Relays	Cedar Falls

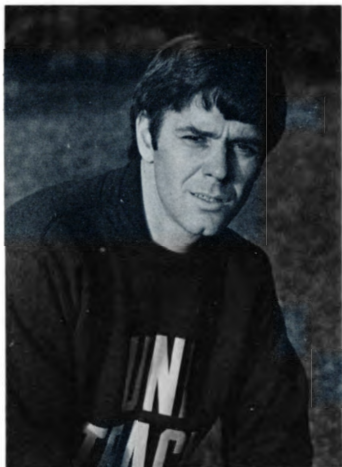
OUTDOOR

Date	Opponent	Location
Apr. 2	Western Illinois-Iowa	Macomb, Ill.
Apr. 3	UNI Marathon	Cedar Falls
Apr. 3-4	UNI Decathlon	Cedar Falls
Apr. 8	Iowa, Iowa State, Drake	Des Moines, IA
Apr. 16	Univ. of Minnesota	Minneapolis, MN
Apr. 21-23	Kansas Relays	Lawrence, Kan.
Apr. 28-30	Drake Relays	Des Moines, IA
May 7	Iowa State	Cedar Falls
May 13-14	NCC Outdoor Championships	Sioux Falls, S.D.
May 18-21	NCAA Division II	Fargo, N.D.
June 2-4	NCAA Division I	Champaign, Ill.

Facts on UNI

Location: Cedar Falls, Iowa 50613
Founded: 1876
Enrollment: 10,000
President: Dr. John J. Kamerick
Team Nickname: Panthers
School Colors: Purple and Old Gold
Home Facility: UNI-Dome
Conference: North Central
National Affiliation: NCAA Division II
Athletic Director: Stan B. Sheriff
Assistant Athletic Director and Business Manager: R. C. Johnson
Faculty Representative:
 Dr. Raymond Schlicher
Head Coach: Lynn King

Year at UNI: 1st
Grad. Assistant: Steve High
Lettermen Returning: 15
Lettermen Lost: 5
1975-76 Dual Record: 2-1
Conference Finish: Indoor — 4th,
 Outdoor — 4th.
Track Office Phone: (319) 273-6480
Sports Information Director:
 Jim Ferree. Office: (319) 273-6354,
 Home: (319) 266-7112
Athletic Department Phone:
 (319) 273-2141
Athletic Business Office:
 (319) 273-2470



HEAD COACH LYNN H. KING

Continuing a Rich Tradition

When veteran track and cross country coach Jack Jennett resigned last spring, the Northern Iowa coaching position immediately became one of the most sought after coaching jobs in the country.

The job was heightened by the completion of the UNI-Dome which houses an eight-lane 220-yard tartan track with two 120-yard straightaways to make it one of the best indoor track facilities in the U.S.

Lynn H. King was named only the third track and cross country coach that UNI has ever had following in the footsteps of A. D. Dickinson and Jennett.

The 30-year old Cedar Falls native brings a wealth of knowledge and experience to the job. In his four years at Rochester Community College, King-coached track teams captured the Minnesota Junior College Athletic Association Track Championships twice and never placed lower than third. He was named 1975 National Junior College Cross Country Coach of the Year after his team placed second in the Region XIII JC Championships.

King led Rochester to the Five-State Region Track Championships last May, as his team won 10 events and set new region records in three of those. He literally turned Rochester Community College into a hot-bed of track talent when his runners and field event men rewrote the school record book.

King is a 1964 graduate of Cedar Falls High School and graduated from UNI in 1969 with a B.A. in Physical Education. He was a four-year member of Jennett's track teams and selected co-captain his senior year. He was also a two-year starter for the Panther football team.

After graduating from UNI, King was drafted into the Army where he served as a military policeman. He returned to UNI in 1971 as a graduate assistant under Jennett until he received his master's degree in 1972 before going to Rochester.

Lynn and his wife Janice have two children, Jason 4 and Kelly 2.

Assisting Coach King this season will be Steve High. High, a 1974 graduate of Northern Iowa, spent two years at Carthridge High School in Carthridge, Ill. as head track and cross country coach before coming to UNI as a graduate assistant.

1977 Northern Iowa Track Roster

NAME	YEAR	HOMETOWN (High School)	EVENTS
AKERS, Tom	Soph.	Des Moines (Ankeny)	Hurdles
ATHERTON, Al	Jr.	Rochester, Minn.	100, 220
BRENNEN, Terry	Jr.	Waterloo (Columbus)	440, 880
CASPERSON, Jeff	Fr.	Spencer	220, 440
CLARY, Tom	Jr.	Eldora	220, 440
CONNELL, Bob	Sr.	Waterloo (Columbus)	880, Mile
COOK, Brad	Fr.	Cedar Falls	880, Mile
DICKERSON, Wes	Sr.	Washington, D.C.	440
DUCHMAN, Loren	Sr.	Council Bluffs	Javelin
EBENEZER, Bright	Soph.	Johanneshov, Sweden (Burlington)	100, 220
ECKER, Kerry	Fr.	Cedar Rapids, (Washington)	440, 880
ELLIOTT, Andy	Fr.	West Branch	100, 220, 440
EWAN, Bill	Soph.	Ames	Hurdles
FISHER, Jeff	Soph.	Bettendorf	100, 440
FRIEDMAN, Rick	Fr.	Carroll (Kemper)	LJ, HJ
FRIEDMAN, Bob	Jr.	Carroll (Kemper)	880, Mile
FROEHLE, Mike	Sr.	Spencer	440, 880
GABRIELSON, Tad	Fr.	Belmond	100, 440
GERINGER, Brent	Soph.	Mt. Ayr	SP, Discus
GLASSMAKER, Bill	Soph.	Byron, Minn.	440, 880
HARLAND, John	Soph.	Kansas City, Kansas	100, 220
HENDRICKS, Tom	Sr.	Clear Lake	Javelin
HOLLER, John	Jr.	Waterloo (Columbus)	SP, Discus HM
HOPKINS, Ken	Fr.	Cedar Rapids (Washington)	440, 880
KAMMERMEYER, Paul	Fr.	Rock Rapids	3-mile
KING, Gary	Fr.	Rochester, Minn.	440, Hurdles
KOENEKE, Steve	Fr.	Greeley (W. Deleware)	100, 220
LAWSON, Bill	Soph.	Carthage, Ill.	PV, TJ Decathlon
LEONARD, Joe	Fr.	Mt. Pleasant	100, 220
MacTAGGART, STEVE	Sr.	Strawberry Point (Starmont)	Steeplechase 1, 3-Mile
McKINNEY, Alan	Fr.	Waterloo (West)	100, 220
McMICHAEL, John	Fr.	Des Moines (Dowling)	3, 6 Mile
MEAD, Dan	Sr.	Marshalltown	SP, Discus
MERKEY, Steve	Soph.	Ottumwa	3, 6 Mile
MICHEL, Tom	Soph.	Anamosa	440, 880
MYERS, Wayne	Soph.	Algona	880, Mile
NELSON, Gene	Jr.	Ankeny	880, Mile
NICHOLS, Jim	Jr.	Greenfield	HJ, TJ, Jav
NIELSON, Mark	Fr.	Oelwein	880, Mile
NIFFENEGGER, Jeff	Fr.	Des Moines (Hoover)	3 Mile
RASMUSSEN, Clark	Fr.	Des Moines	440, 880
ROGERS, Joel	Jr.	Waterloo (Columbus)	Hurdles, LJ
ROGERS, Tom	Fr.	Waterloo (Columbus)	PV



Tom Akers



Terry Brennen



Tom Clary



Bob Connell



Brad Cook

✓ ROGERS, Steve
 SAIGH, Tim
 SAMEK, Ken
 ✓ SCHLUETER, Dan
 ✓ SCHULTZ, Don
 ✓ SCHULTZ, Fred
 SCHULTZ, George
 ✓ SHAW, Mike
 ✓ SECOR, John
 ✓ SPRAIN, Kim
 ✕ STAMP, Tim
 ✓ STEPHENS, Bill
 ✓ TEELING, Bill
 ✓ TEELING, Tom
 ✓ WEISENBORN, Steve
 ✓ WELSH, Rick
 ✓ WIGEN, Roy
 ✓ WILLETT, Mitch
 WISTEY, John
 ✓ WITTMAN, Gary
 YOUNG, Mark

Fr.
 Jr.
 Fr.
 Soph.
 Fr.
 Soph.
 Fr.
 Fr.
 Fr.
 Fr.
 Soph.
 Fr.
 Fr.
 Soph.
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 So.
 Fr.
 Jr.
 Soph.
 Fr.

Brandon (Independence)
 Ft. Dodge (St. Edmonds)
 Cedar Rapids, (Jefferson)
 Dubuque (Wahlert)
 Greeley (W. Deleware)
 Decorah
 Sioux Falls, S.D.
 Nevada
 Vinton
 Ackley
 Cedar Rapids (Washington)
 Cedar Rapids, (Washington)
 Dubuque (Wahlert)
 Dubuque (Wahlert)
 Sac City
 Ventura
 Spencer
 Cedar Falls
 Des Moines
 Dubuque (Wahlert)
 Mason City

Distance
 220, 440
 100
 440, 880, MI
 880, Mile
 3 Mile
 880, Mile
 100, 220
 440, Hurdles
 6 Mile
 Hurdles, Dec.
 Hurdles, Dec.
 3 Mile
 880, 1, 3 Mile
 1, 3 Mile
 H. J.
 Hurdles, 440
 S.P.
 Distance
 P.V. Dec.
 Distance

THE OUTLOOK

A new coach, a brand new home and seasoned talent await the 1977 Northern Iowa track season.



Bright Ebenezer



Bill Ewan



Brian Frevert



Bob Friedman



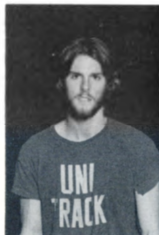
Rick Friedman



Mike Froehle



Brent Geringer



Bill Glassmaker



John Harland



Tom Hendricks

The new coach is Lynn King who comes to UNI via Rochester Community College where he led his team to the Five-State Region Track Championships last May. The new indoor home is ranked as one of the best track and field facilities in the country with the UNI-Dome. The Dome houses an eight-lane 220-yard tartan track with two 120-yard straight-aways.

The seasoned talent includes 15 returning lettermen back after losing just five to graduation.

Coach King hopes to improve on the two fourth place finishes the Panthers experienced last season in the North Central Conference indoor and outdoor meets. "We can be potentially strong in a number of areas," says the new coach. "If we can keep everybody healthy and get good performances out of our people we can be tough."

UNI's best hopes for national recognition centers around a distance medley team which returns intact that finished second in the Drake Relays and in the individual events from John Holler in the shot put and Bob Friedman in the mile run. Both Friedman and Holler are track and field All-Americans.

The Sprints

With returning letterman John Harland leading the way, UNI will be a solid threat in the sprints. Harland placed fourth in the conference outdoor 100 and 200 meter dashes and should improve this season.

Bright Ebenezer, who hales from Johanneshov, Sweden, is back after missing a large part of last season with leg problems. Coach King brought with him from Rochester JC sprinter Al Atherton who turned in a :09.7 100. Other newcomers to look for included Wes Dickerson from Washington, D.C., Joel Leonard from Mt. Pleasant and Tad Gabrielson from Belmond. "Our 440-yard relay team could get down in the :41's," said King. "The talent is there but they've got to put it altogether."



John Holler



Ken Hopkins



Gary King



Bill Lawson



Steve MacTaggart



Dan Mead



John McMichael



Tom Michels



Wayne Myers



Jim Nichols

The Hurdles

North Central champion Joel Rogers is back to defend his title he won in the indoor meet last March in the UNI-Dome. Rogers, a junior from Waterloo Columbus, turned in a :07.6 in the 60-yard highs to take the indoor title and placed fourth in the outdoor meet in the 110-meter highs.

One of the best high school hurdlers ever to come out of the Iowa high school ranks adds to the Panthers' depth in the hurdles. Roy Wigen, from Spencer, won the state High School Class AA 120-yard hurdles and turned in a best of :14.1 in that event. Wigen, also an excellent basketball player, also finished second in the 440-yard dash and owns a :49.0 in that event. Letterwinner Bill Ewan from Ames and Tom Akers from Ankeny of Des Moines join Rogers and Wigen to form an excellent shuttle hurdle relay unit.

The Middle Distances

King thinks the middle distances will be a strong suit. Quartermilers Mike Froehle, Terry Brennen, Tom Clary join freshman standout Clark Rasmussen from Lincoln Des Moines and Wigen for a good mile relay nucleus. King will be able to spread some of the talent around in the various relay teams. Frevert doubles in the 880 where he clocked a 1:54 half in that school record setting distance medley relay team. Brennen is also a member of that unit.

Senior Bob Connell makes up the third leg on the distance medley relay unit that set a new school mark of 9:58.7. Connell will run the 880 and 3/4's.

Junior Bob Friedman, from Carroll, is a strong favorite to repeat as the outdoor 1,500 meter champion but is aply as good in the half mile. The 6-3 runner placed second in the indoor 880 with a 1:56 clocking but his specialty is the mile and 1,500 meter run. Friedman anchored the distance medley relay team with a 4:11 mile and took the 1,500-outdoor title in 3:55.7 heading into a gusty wind.



Jeff Niffenegger



Clark Rasmussen



Steve Rogers



Tom Rogers



Dan Schleuter



Don Schultz



Fred Schultz



Tim Stamp



Bill Stephens



Joe Teeling

Freshman Brad Cook from Cedar Falls ranked as one of the best prep half milers and milers in the state last year and is a welcome addition.

The Distances

UNI will rely on points from its distance men led by veteran Steve MacTaggart from Strawberry Point. MacTaggart is coming off an excellent cross country season and is tabbed one of the top distance runners in the North Central conference this year. MacTaggart finished second in the conference indoor mile run last year but specializes in the longer distances. The senior placed fifth in the outdoor 10,000 meter run and set two new school marks last season in the two mile run (9:08.6) and the 3,000 meter steeplechase (9:16.8). MacTaggart's versatility was displayed when he anchored a two-mile relay unit to a new school mark of 7:45.4 last spring.

Sophomore Fred Schultz adds depth to UNI's distance hopes this spring. As a freshman, Schultz placed fourth in the 10,000 meter run in the outdoor conference meet.

The Weights

If there's a weak part of the team it's in the field events. John Holler is back to defend his indoor shot put title and set a new school indoor mark of 53-7 in that event. He'll be helped by sophomore transfer Brent Geringer from Mt. Ayr.

Best bet in the pole vault will be sophomore Bill Lawson and in the high jump Jim Nichols. In the discus look for Geringer, Holler and senior Dan Mead. Joel Rogers should be better in the long jump but Coach King will look for help from incoming freshmen and newcomers. The javelin is also a question mark that will have to be answered.

Lawson will lead a strong contingent in the decathlete.



Tom Teeling



Steve Weisenborn



Roy Wigen



Mitch Willett



John Wistey

UNI INDOOR RECORDS

EVENT	NAME	RECORD	YEAR
300-yard dash	Dennis Roloff	31.6	1972
60-yard dash	Bill Hall	6.2	1949
	Frank Robinson	6.2	1957
60 I. Hurdles	Kent Wessley	7.1	1972
60-yard highs	Larry McCready	7.3	1968-69
	Scott Noltensmeier	7.3	1974
60-yard low	Larry McCready	6.8	1969
280-yard dash	Al Morgan	30.6	1974
440-yard dash	Larry Daniels	49.2	1968
600-yard run	Dennis Roloff	1:12.2	1975
880-yard run	Roy Eiben	1:53	1953
1000-yard run	Dennis Schultz	2:10.7	1974
Mile run	Dennis Schultz	4:12.2	1972
2 Mile run	Steve MacTaggart	9:08.6	1976
8-lap relay	Tatman, Anderson, Byington, Roloff	3:15.8	1972
2-mile relay	B. Frevert, B. Connell, B. Friedman, S. MacTaggart	7:45.4	1976
High Jump	Bob Hathaway	6'7"	1969
Triple Jump	Craig Fay	46'8½"	1970
Long Jump	Mark Chardoulis	23'7¼"	1975
Pole Vault	Keith Schmidt	15'3"	1975
Shot Put	John Holler	53'7¾"	1976
50-yard dash	Jim Finnessey	5.5	1968-69
	Larry White	5.5	1969
	Rick Freeburg	5.5	1972
50-yard highs	Ron Gerard	6.3	1965
	Larry McCready	6.3	1967-69
50-yard lows	Larry McCready	5.9	1968
	Kent Wessley	5.9	1972
50-yard I.M.	Ron Hamel	6.5	1972
Distance Medley	Frevert, Brennen, Friedman, MacTaggart	10:17.9	1976
Mile Relay	Anderson, Tatman, Byington, Roloff	3:25.3	1972



Gary Wittman

UNI OUTDOOR RECORDS

EVENT	RECORD	NAME	YEAR
100-yd. dash	9.5	Dave Harshkamp	1971
220-yd. dash	21.0	Bob Ruchti	1967
440-yd. dash	46.8	Dennis Roloff	1972
660-yd. run	1:18.7	Larry Daniels	1969
880-yd. run	1:50.7	Dennis Schultz	1974
120 High Hurdles	13.6	Larry McCready	1967
220 Low Hurdles	23.6	Jacy Meyer	1941
330 IM. Hurdles	38.4	Larry McCready	1967
400 Meter Hurdles	55.9	Doug Larson	1964
440 Yard I.H.	53.1	Mark Sanborn	1967
3000 Meter Steeple Chase	9:16.8	Steve MacTaggart	1976
Mile Run	4:03.7	Dennis Schultz	1974
2-Mile Run	9:15.0	Rich Twedt	1971
3-Mile Run	13:52.0	Rich Twedt	1971
440 Relay	41.5	Rick Freeburg, Steve Mott, Keith Schmidt, Dennis Roloff	1973
6-Mile Run	29:10.3	Rich Twedt	1974
880 Relay	1:26.7	Jim Finnessy, Larry White, Carl Campbell, Larry McCready	1968
Mile Relay	3:14.1	Dave Anderson, Steve DeSerano, Mike Byington, Dennis Roloff	1973
Sprint Medley	3:22.5	Rick Freeburg, Steve DeSerano, Dennis Roloff, Dennis Schultz	1973
2-Mile Relay	7:33.7	Jim Tatman, Dennis Roloff, Mike Byington, Dennis Schultz	1974
Shuttle Hurdle	59.2	Herb Grigg, Bruce Abrams, Mark Sanborn, Larry McCready	1967
Distance Medley	9:58.9	Brian Frevert, Terry Brennen, Bob Connell, Bob Friedman	1976
High Jump	6'8½"	Kent Wessley	1974
Long Jump	24'½"	Ken Jackson	1974
Triple Jump	49'6½"	Craig Fay	1968
Pole Vault	15'6"	Keith Schmidt	1975
Shot Put	57'8¾"	Mike McCready	1971
Discus	160'10"	Ken Schwartz	1975
Javelin	207'4¾"	Lloyd Gnagy	1937
Hammer	167'6"	Ken Schwartz	1975
Marathon	2:33.41	Galen Green	1971

UNI-DOME TRACK & FIELD RECORDS

EVENT	RECORD	NAME
Shot Put	66-10½	Al Feurbach, Pacific Coast Track Club
High Jump	6-10	John Bohan, University of Minnesota
Long Jump	24-0	Peter Pratt, Mankato State
Triple Jump	50-3¼	Peter Pratt, Mankato State
Pole Vault	16-6	Dave Nielsen, Iowa Track Club
60-Yd. Dash	:06.1	James Everett, Mankato State
60-Yd. High Hurdles	:07.1	Greg Rumble, Drake University
70-Yd. High Hurdles	:08.4	Mack Butler, Prairie Striders
300-Yd. Dash	:31.8	Bobby Lawson, University of Iowa
440-Yd. Dash	:49.4	Royd Lake, University of Iowa
600-Yd. Run	1:10.8	David Korir, Iowa State University
880-Yd. Run	1:53.3	John Clarke, Iowa Track Club
1,000-Yd. Run	2:12.5	Steve Pershing, University of Iowa
1,500-Meter Run	3:49.8	John Clarke, Iowa Track Club
Mile Run	4:14.8	Boyd Nansel, Drake University
Two Mile Run	8:57.4	Mike Clift, University of South Dakota
Mile Relay	3:20.5	University of Iowa (Broek, Olson, Slack, Lake)
Two-Mile Relay	7:43.2	South Dakota (Moe, O'Brien, Clift, Buhler)
440-Yd. Relay	:43.5	South Dakota (Vann, Maryott, Soullierre, Schnathorst)
Distance Medley Relay	10:13.7	South Dakota (Buhler, Moe, O'Brien, Clift)
Sprint Medley Relay	3:34.1	University of Northern Iowa (Ebenezer, Rogers, Froehle, Connell)
240-Yd. Shuttle Hurdle Relay	:31.3	University of Wisconsin at Platteville (Wilson, Pulknen, Carnahaw, Marshall)

NCC Outdoor Records (Meters)

100-Meter Dash	:10.8, Charlie Johnson, SDSU, 1976
	:10.8, Pierre Ansu Jallow, UND, 1976
	:10.8, Peter Pratt, Mankato, 1976
110-Meter High Hurdles	:14.5, Jack Brooks, Mankato, 1976
	:14.5, Sam Harris, SDSU, 1976
200-Meter Dash	:21.1(y), Delbert Moore, NDSU, 1954
400-Meter Dash	:47.4(y), Bruce Airheart, NDSU, 1964
400-Meter Hurdles	:52.2(y), Don Larson, SDSU, 1975
800-Meter Run	1:52.8(y), Brian MacLaren, NDSU, 1967
1500-Meter Run	3:55.7, Bob Friedman, UNI, 1976
5000-Meter Run	15:04.4, Warren Eide, NDSU, 1976
10,000-Meter Run	31:01.0, Warren Eide, NDSU, 1976
3000-Meter Steeplechase	9:19.2, Warren Eide, NDSU, 1976
400-Meter Relay	:41.5(y), Morningside (Mark Bigler, Mick Everett, Dick Keith, Freeman Berry), 1971
1600-Meter Relay	3:17.2(y), SDSU (Rick Kiley, Don Larson, Gary Krein, Tony Kelly), 1975

(y) Denotes Record set at yard distance that was longer than meter distance

Field Events

Shot Put
Discus
High Jump
Javelin
Long Jump
Triple Jump
Pole Vault

54-3, Mike McCready, UNI, 1971
170-5, Joe Meyer, SDSU, 1976
6-9½, Craig Shepard, NDSU, 1976
249-0, Russ Docken, NDSU, 1976
24-1½, Peter Pratt, Mankato, 1976
49-5, Duane Proell, Mankato, 1972
16-0, Larry Frank, SDSU, 1970

